

### ABSTRACT OF THE DISCLOSURE

An article for mounting from or against the ceiling is removably coupled to a base fixedly secured to the ceiling, by a person standing on the floor, supporting the article on an elongated rod, and thrusting the article against the base to couple the article and the secured base. The article is removed by inserting the rod into the article, exerting a force on the rod to uncouple the article from the base, and supporting the article on the rod as the article is lowered. The article is thus positioned on or hung from the ceiling, without being manually contacted by the person. The article may be used to mount other devices, such as a sign, smoke detector, etc. or may include such device as a part of the mount.

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